



Minister of State
Fitness and Amateur Sport

Ministre d'État
Santé et Sport amateur

3 1761 115565905

Standardized Test of Fitness

Assessment report

CA1
HW 82
-Zool



Name _____

Date _____



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Foreword

This booklet has been prepared by the Fitness and Amateur Sport Branch of the Department of National Health and Welfare to provide you with the results of your Standardized Test of Fitness. It also contains some basic information related to fitness and the tests you performed.

Besides being informative, this report will be useful in comparing your performance upon subsequent appraisals.

Furthermore, this booklet will act as a guide in helping you achieve a "state of well-being" through regular physical activity and lifestyle modification.

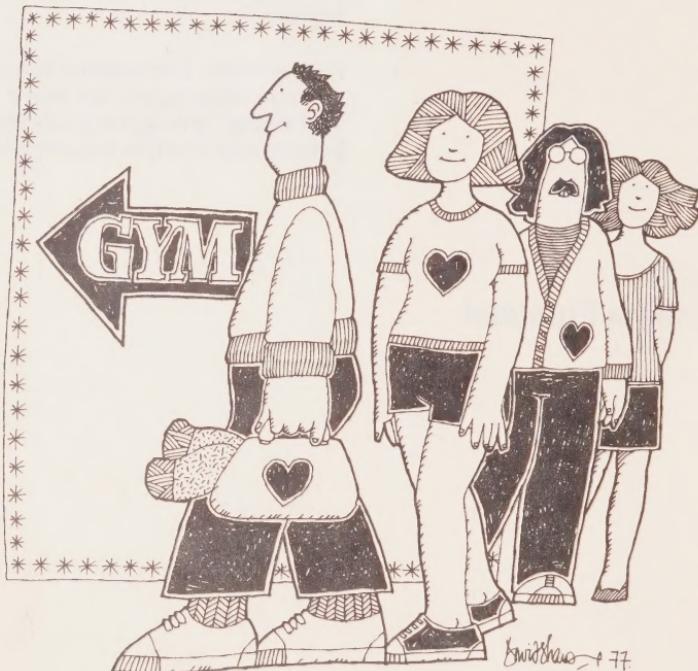
**Good Luck
In Your Fitness Pursuits!**

Published by authority of
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Fitness and Amateur Sport

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Physical Fitness

Physical fitness has been defined in many ways. Specialists, however, agree that a physically fit individual is one who is able to meet the demands of an active life and has ample energy to enjoy leisure time pursuits and meet unforeseen emergencies.



Physical fitness is influenced by factors such as age, environment, lifestyle, and by the amount and type of physical activity one engages in. In addition, it should be remembered that it is only one aspect of total fitness along with social, emotional and spiritual fitness.

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Components of Physical Fitness

Physical fitness includes several relatively independent components. You can exert much influence on them:



**1. Body Weight
and Composition**



2. Flexibility



**3. Muscular Strength and
Endurance**



4. Cardio-Respiratory Fitness

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Body Weight and Body Composition

Most of us are not aware of how much of our body weight is made up of fat and how much is lean body mass (bone, muscle, fluid). By measuring the thickness of skinfolds at various body sites, we are able to estimate what percentage of our body weight is composed of fat. Ideally, the average sedentary male should not carry more than 14 - 18% body fat and a female no more than 18 - 22%. While a certain amount of fat is necessary for protection of organs, insulation and as an energy reservoir, an excess of fat presents both aesthetic and health-related problems. When we put on weight after maturity it is primarily an increase in the percentage of body fat. Our energy intake simply exceeds our energy expenditure and fat accumulates at a rate of one pound for every excess 14,700 Kilojoules (3500 calories).



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Are YOU Overweight?

Height _____ cm _____ in.

Weight _____ kg _____ lb.

% Body Fat _____ %

Rating _____

Percentile Score _____

Lean Body Wt. _____ kg _____ lb.

Your ideal weight with _____ %

of body fat is _____ kg _____ lb.

Chest Girth _____ cm _____ in.

Abdomen Girth _____ cm _____ in.

Gluteal Girth _____ cm _____ in.

Thigh Girth _____ cm _____ in.



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Energy Expenditure



Exercise can control your percent body fat by burning excess energy ingested. Participate in regular physical activities which are conducive to burning fat, such as walking, jogging, cycling, cross-country skiing and swimming. Another way in which exercise may control your percent body fat is through its control on the appetite centre, causing you to eat less.



1/2 hour cross-country skiing

1490 Kilojoules
(355 calories)*

* For a 69 Kg (152 lb) subject.

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½ hour bicycling

20.9 Km/hr (13 m.p.h.)
1360 Kilojoules (325 calories)*



½ hour jogging

8.8 Km/hr (5.5 m.p.h.)
1360 Kilojoules (325 calories)*



*For a 69 Kg (152 lb) subject.

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Muscular Strength and Endurance

Muscular strength may be defined as the maximum tension or force a muscle can exert when contracted to its maximum capacity. Muscular endurance, on the other hand, relates to the ability of a muscle group to perform repeated contractions against a lighter resistance over a period of time. Your muscular strength score was measured by the grip strength dynamometer.

Right hand _____ kg Left hand _____ kg

Total _____ kg Rating _____

Percentile Score _____

Your results are compared to those of other Canadians of the same age and sex.

Your muscular endurance scores were measured by the total no. of sit-ups (60 seconds) and the total no. of push-ups.

Push-ups: total no. _____

Rating _____ Percentile Score _____

Sit-ups: total no., 60 sec. _____ Rating _____

Percentile Score _____

Your results are compared to those of other Canadians of the same age and sex.

Both of these components lead to a high degree of muscular tonus, which is important in the prevention of such ailments as chronic low back pain. The "overload principle" of exercise must be adhered to in order to increase strength

and endurance. To produce strength gains, progressively increase in moderate amounts the exercise weight, and to produce gains in endurance, increase the number of repetitions gradually.

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Flexibility

Flexibility refers to the range of movement of a specific joint or series of joints. Good flexibility is required to perform various physical movements and activities with ease and without risk of injury.

The test which you performed measured flexibility of the hip joint by trunk flexion.

Trunk Flexion _____ cm

Rating _____

Percentile Score _____

Your results are compared to those of other Canadians of the same age and sex.

It is important that the major joints of the body be regularly exercised. Stretching exercises should be performed slowly and smoothly to prevent injury or muscle soreness.

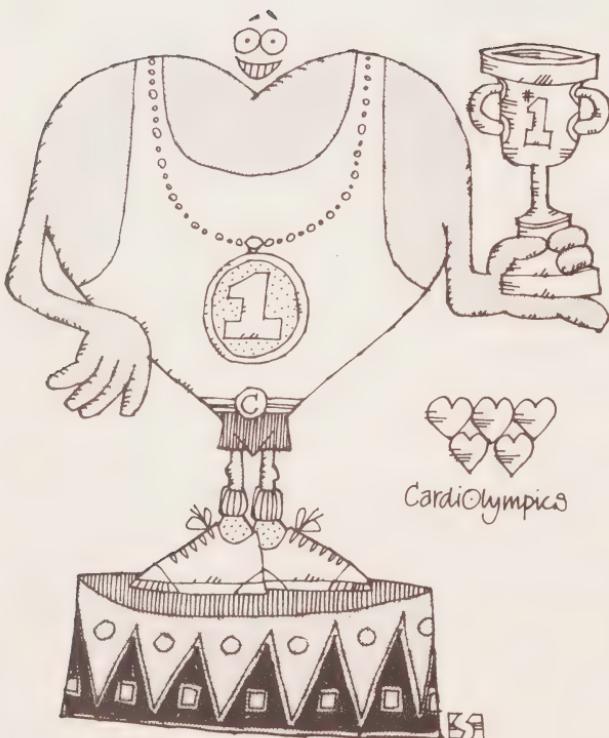
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Cardio-Respiratory Fitness

Cardio-respiratory fitness refers to the combined efficiency of the respiratory system in taking in oxygen, the circulatory system in delivering it to the muscles and then the utilization of the oxygen by the muscles in producing energy.

Maximal Oxygen Consumption

Maximal oxygen consumption ($\dot{V}O_2$ max) refers to the maximal rate at which oxygen can be consumed per minute. As an important measurement of cardio-respiratory fitness, $\dot{V}O_2$ max can be predicted from the Canadian Home Fitness Test (advanced version) results.



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Canadian Home Fitness Test

Final stage completed _____

Post-exercise heart rate

(5-15 sec) _____ b/m

Predicted $\dot{V}O_2$ max _____ ml/kg/min

Rating _____

Percentile Score _____

Your results are compared to those of other Canadians of the same age and sex.

Blood Pressure

Blood pressure is the force of the blood exerted against the walls of the artery when the heart muscle contracts (systolic) and when the heart muscle relaxes (diastolic). A normal systolic range at rest is between 100 and 145 mmHg while a normal diastolic range is between 60 and 90 mmHg.

Your resting systolic blood pressure was _____ mmHg

Your resting diastolic (D4) blood pressure was _____ mmHg

Your one-min., post-exercise systolic blood pressure was _____ mmHg

Your one-min., post-exercise diastolic (D4) blood pressure was _____ mmHg

Your three-min., post-exercise systolic blood pressure was _____ mmHg

Your three-min., post-exercise diastolic (D4) blood pressure was _____ mmHg

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Heart Rates

Although heart rates vary greatly, the normal human heart contracts at an average rate of 72/min.

Your resting heart rate was _____ b/min.

Your 3 min. post-exercise heart rate was _____ b/min.

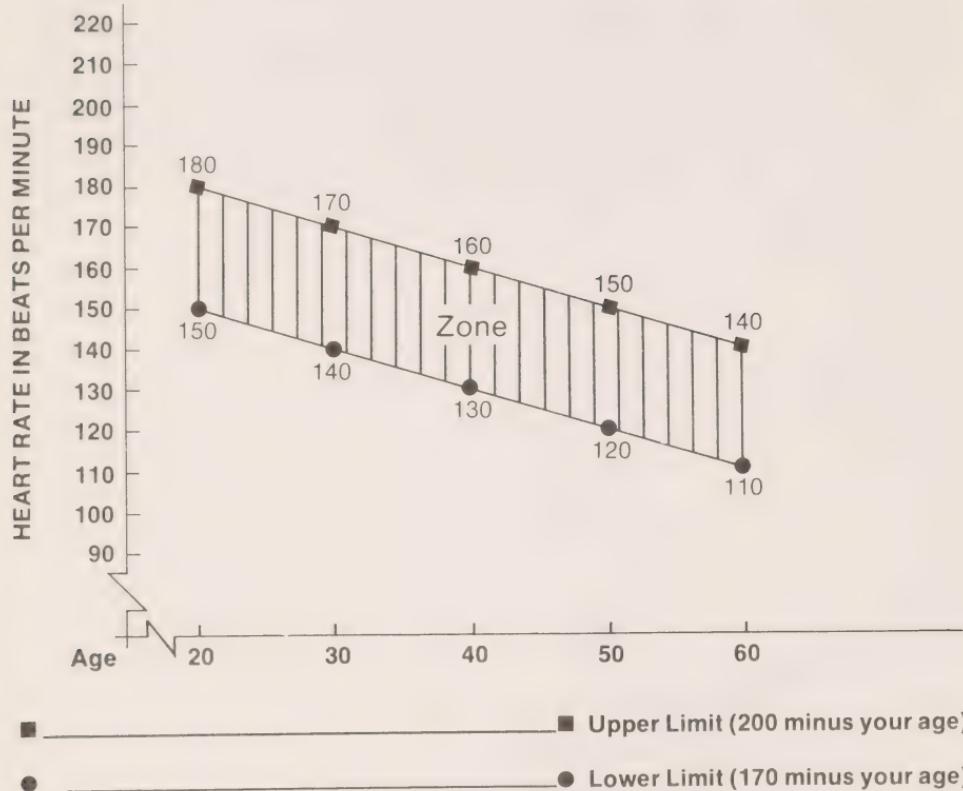
Your heart rate may be used to determine whether you are working hard enough to improve your maximal oxygen consumption. When beginning your program, determine your Heart Rate (per minute) Target Zone and monitor your heart rate at intervals throughout each exercise period. The diagram on your right describes the principle of the heart rate target zone.

Increasing the intensity of exercise above the upper limit gives you little added benefit; below the lower limit the intensity of exercise is insufficient to adequately improve cardio-respiratory fitness.

You should spend a minimum of 15 minutes within the heart rate target zone to achieve a significant conditioning effect. Moreover, the heart rate should be elevated gradually over a 3-5 minute period as you move into the Target Zone. Similarly, a gradual "cool down" phase should terminate the exercise program.

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Heart Rate Target Zone



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Aerobic Exercise Prescription

On the basis of your $\dot{V}O_2$ max score, height and weight, it is recommended that you walk/jog a distance of _____ Km(s) (_____ mile (s)) in 15 minutes. Measure the required distance nearby. Then walk/ jog this recommended distance as a "starter". As your fitness improves, have yourself retested, re-adjust your exercise and progressively increase your time to 30 minutes per session.



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A Final Word

When starting your fitness program, the following points should be kept in mind:

- start slowly and progress gradually.
- exercise at your own pace.
- exercise regularly — at least three times per week.
- select an activity which you enjoy.
- participate with a friend.
- have a fitness evaluation from time to time to get feedback on your progress.

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Appendix I

NORMS BY AGE GROUPS FOR ESTIMATED PERCENTAGE OF BODY FAT

Age (Yrs.)	MALES ¹		FEMALES ²		40-49	≥ 50
	17-19	20-29	30-39	≥ 27 ≥ 30		
Obese	≥ 23	≥ 29	≥ 25	≥ 29	≥ 27	≥ 30
Above average	18-22	24-28	20-24	24-28	23-26	25-29
Average	12-17	19-23	15-19	19-23	19-22	20-24
Ideal	7-11	14-18	9-14	14-18	15-18	14-19
Slim	≤ 6	≤ 13	≤ 8	≤ 13	≤ 14	≤ 13

PERCENTILE SCORES BY AGE GROUPS FOR ESTIMATED PERCENTAGE OF BODY FAT

Percentile	MALES ¹		FEMALES ²		AGE GROUPS	40 - 49	≥ 50			
	17 - 19	20 - 29	30 - 39	40 - 49						
100	7.6	9.8	9.9	10.0	10.5	9.2	11.0	10.2	13.7	11.6
95	8.8	15.1	11.1	15.3	15.2	15.0	16.9	16.1	19.2	17.2
90	10.3	16.2	12.6	16.3	16.1	16.1	18.1	17.2	20.3	18.4
85	11.2	17.5	13.5	17.6	17.3	17.6	19.5	18.7	21.7	19.9
80	12.0	18.3	14.2	18.3	18.0	18.4	20.1	19.5	22.5	20.8
75	12.7	18.9	14.9	19.0	18.6	19.1	21.2	20.3	23.2	21.6
70	13.3	19.5	15.4	19.5	19.2	19.8	21.8	20.9	23.8	22.3
65	13.9	20.0	16.1	20.0	19.6	20.4	22.4	21.5	24.3	22.8
60	14.5	20.6	16.6	20.6	20.1	21.0	23.0	22.1	24.9	23.5
55	15.1	21.1	17.2	21.0	20.5	21.5	23.5	22.6	25.4	24.0
50	15.7	21.6	17.7	21.5	21.0	22.0	24.1	23.2	25.9	24.6
45	16.2	22.1	18.3	22.0	21.5	22.6	24.7	23.7	26.4	25.2
40	16.9	22.5	18.9	22.5	21.9	23.1	25.2	24.3	26.9	25.8
35	17.5	23.1	19.5	23.0	22.4	23.7	25.8	24.9	27.5	26.4
30	18.2	23.6	20.1	23.5	22.8	24.3	26.3	25.4	28.0	27.0
25	18.9	24.2	20.9	24.1	23.4	24.9	27.0	26.1	28.7	27.7
20	19.8	24.9	21.8	24.7	24.0	25.6	27.8	26.8	29.3	28.4
15	21.4	25.6	23.3	25.5	24.7	26.5	28.6	27.7	30.2	29.3
10	22.6	27.0	24.4	26.8	25.9	27.9	30.1	29.1	31.6	30.9
5	23.2	28.0	25.9	27.8	26.8	29.1	31.2	30.3	32.6	32.1
0	27.1	33.3	32.9	32.9	34.2	34.9	37.2	36.2	38.2	38.2

1 1977 Canadian Public Health Association project (5,833 subjects)

2 1977 Canadian Public Health Association project (3,470 subjects)

Percent body fat was determined using the method of Sloan, A.W. et al.

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Appendix II

NORMS BY AGE GROUPS FOR COMBINED RIGHT AND LEFT HAND GRIP STRENGTH (kg)

Age (Yrs.)	MALES ¹			FEMALES ²			50-59	60-65
	17-19	20-29	30-39	40-49				
Excellent	≥ 119	≥ 78	≥ 123	≥ 71	≥ 125	≥ 72	≥ 122	≥ 73
Good	101-118	61-77	105-122	59-70	106-124	60-71	103-121	59-72
Minimum	82-100	45-60	87-104	47-58	88-105	48-59	85-102	45-58
Below minimum	63-81	28-44	68-86	35-46	69-87	36-47	66-84	32-44
Poor	≤ 62	≤ 27	≤ 67	≤ 34	≤ 68	≤ 35	≤ 65	≤ 31
							≤ 60	≤ 31
							≤ 56	≤ 27

PERCENTILE SCORES BY AGE GROUPS FOR COMBINED RIGHT AND LEFT HAND GRIP STRENGTH (kg)

Percentile	MALES ¹			FEMALES ²			AGE GROUPS	50 - 59	60 - 65
	17 - 19		20 - 29	30 - 39		40 - 49			
	30	50	50	50	50	50			
100	138	94	142	83	143	84	140	86	131
95	117	75	121	70	122	70	119	71	111
90	113	72	117	67	118	68	115	68	107
85	107	67	112	63	113	64	110	64	102
80	104	64	109	61	110	62	107	62	99
75	102	62	106	60	107	61	104	60	97
70	99	60	104	58	105	59	102	58	95
65	97	58	102	57	103	58	100	57	93
60	95	56	100	55	101	56	98	55	91
55	93	55	98	54	99	55	96	54	89
50	91	53	96	53	97	54	94	52	87
45	89	51	94	52	95	53	92	51	85
40	87	50	92	50	93	51	90	49	83
35	85	48	90	49	91	50	88	48	81
30	83	46	88	48	89	49	86	46	79
25	81	44	86	46	87	47	84	45	77
20	78	41	83	44	84	45	81	43	75
15	75	39	80	42	81	43	78	40	72
10	69	34	75	39	76	40	73	36	67
5	65	31	71	36	72	37	69	33	63
0	44	12	50	22	51	24	48	18	43

1 1977 Canadian Public Health Association project (5,582 subjects)

2 1977 Canadian Public Health Association project (3,464 subjects)

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Appendix III

NORMS BY AGE GROUPS FOR PUSH-UPS

Age (Yrs.)	MALES ¹				FEMALES ²				60-65			
	17-19	20-29	30-39	40-49	50-59							
Excellent	≥ 51	≥ 32	≥ 43	≥ 33	≥ 37	≥ 34	≥ 31	≥ 28	≥ 28	≥ 23	≥ 27	≥ 21
Good	35-50	21-31	30-42	23-32	25-36	22-33	21-30	18-27	18-27	15-22	17-26	13-20
Minimum	19-34	11-20	17-29	12-22	13-24	10-21	11-20	8-17	9-17	7-14	6-16	5-12
Below minimum	4-18	0-10	4-16	1-11	2-12	0-9	1-10	0-7	0-8	0-6	0-5	0-4
Poor	≤ 3	*	≤ 3	0	≤ 1	*	0	*	*	*	*	*

PERCENTILE SCORES BY AGE GROUPS FOR PUSH-UPS

Percentile	MALES ¹				FEMALES ²				60 - 65			
	AGE GROUPS				17 - 19	20 - 29	30 - 39	40 - 49				
100	65	45	56	44	48	46	41	38	37	32	37	29
95	49	32	41	32	35	32	29	37	26	22	25	20
90	45	31	39	30	33	29	27	24	24	20	23	18
85	41	28	35	26	29	26	25	22	22	18	20	16
80	38	26	33	25	27	24	23	20	20	17	19	14
75	36	25	31	23	26	22	22	19	19	15	17	13
70	34	23	29	22	24	21	20	17	17	14	16	12
65	32	22	28	21	23	20	19	16	16	13	15	11
60	31	21	26	19	22	18	18	15	15	12	14	11
55	29	20	25	18	21	17	17	14	14	12	13	10
50	27	19	23	17	19	16	16	13	13	11	12	9
45	26	17	22	16	18	14	15	12	12	10	10	8
40	24	16	21	15	17	13	14	11	11	9	9	7
35	22	15	19	14	16	12	13	10	10	8	8	6
30	21	14	18	12	14	10	12	9	9	7	7	5
25	19	13	16	11	13	9	11	7	8	6	6	4
20	16	11	14	9	11	7	9	6	7	5	4	3
15	14	9	12	8	9	5	7	4	5	3	3	2
10	9	6	8	5	6	2	5	2	2	1	1	1
5	6	4	6	2	4	1	3	1	1	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0

1 1977 Canadian Public Health Association project (5,253 subjects)

2 1977 Canadian Public Health Association project (2,641 subjects)

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Appendix IV

NORMS BY AGE GROUPS FOR SIT-UPS (NO. IN 60 SECONDS)

Age (Yrs.)	MALES ¹				FEMALES ²					
	17-19		20-29		30-39		40-49		50-59	
Excellent	≥ 54	≥ 46	≥ 51	≥ 41	≥ 44	≥ 33	≥ 38	≥ 28	≥ 33	≥ 22
Good	44-53	35-45	40-50	31-40	34-43	24-32	29-37	20-27	25-32	14-21
Minimum	34-43	24-34	30-39	21-30	25-33	15-23	20-28	12-19	16-24	6-13
Below minimum	24-33	14-23	20-29	11-20	15-24	6-14	11-19	3-11	7-15	0-5
Poor	≤ 23	≤ 13	≤ 19	≤ 10	≤ 14	≤ 5	≤ 10	≤ 2	≤ 6	*
										≤ 3

PERCENTILE SCORES BY AGE GROUPS FOR SIT-UPS (NO. IN 60 SECONDS)

Percentile	17 - 19		20 - 29		AGE GROUPS				FEMALES ²	
	17 - 19		20 - 29		30 - 39		40 - 49		50 - 59	
100	63	56	61	51	53	42	47	37	42	32
95	52	44	49	40	43	32	37	28	32	23
90	50	42	47	37	40	30	35	26	30	21
85	48	39	44	35	38	27	32	23	28	19
80	46	37	42	33	36	26	31	22	26	18
75	45	36	41	31	35	25	30	21	25	17
70	43	34	40	30	34	24	28	20	24	16
65	42	33	38	29	33	23	27	19	23	15
60	41	32	37	28	31	22	26	18	22	14
55	40	31	36	27	30	21	25	17	21	13
	39	30	35	26	29	20	25	16	20	12
45	38	29	34	25	28	19	24	15	19	11
40	37	27	33	24	27	18	23	14	18	11
35	36	26	32	23	26	17	22	13	17	10
	35	25	31	21	25	16	21	12	16	9
25	34	24	29	20	24	15	19	11	15	8
20	32	22	28	19	23	13	18	10	14	7
15	31	20	26	17	21	12	17	8	12	5
10	28	17	23	14	18	9	14	6	10	3
	26	15	21	12	16	7	12	4	8	2
5	15	3	9	1	5	0	2	0	0	0
1	15	3	9	1	5	0	2	0	0	0

1 1977 Canadian Public Health Association project (5,684 subjects)

2 1977 Canadian Public Health Association project (3,194 subjects)

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Appendix V

NORMS BY AGE GROUPS FOR TRUNK FLEXION (cm)

Age (Yrs.)	MALES ¹		FEMALES ²									
	17-19	20-29	30-39	40-49	50-59	60-65						
Excellent	≥ 48	≥ 47	≥ 45	≥ 47	≥ 45	≥ 47	≥ 43	≥ 46	≥ 42	≥ 45	≥ 41	≥ 44
Good	37-47	37-46	36-44	37-46	34-44	36-46	32-42	36-45	31-41	35-44	29-40	34-43
Minimum	26-36	28-36	25-35	27-36	24-33	26-35	22-31	25-35	19-30	25-34	18-28	24-33
Below minimum	15-25	19-27	15-24	17-26	13-23	16-25	11-21	14-24	8-18	15-24	6-17	14-23
Poor	≤ 14	≤ 18	≤ 14	≤ 16	≤ 12	≤ 15	≤ 10	≤ 13	≤ 7	≤ 14	≤ 5	≤ 13

PERCENTILE SCORES BY AGE GROUPS FOR TRUNK FLEXION (cm)

Percentile	MALES ¹		FEMALES ²		AGE GROUPS							
	17 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 65						
100	59.0	56.5	56.0	56.5	55.5	57.0	54.0	57.0	53.0	55.5	52.0	54.0
95	46.5	45.5	44.5	45.0	43.5	45.5	42.0	45.0	40.5	44.0	39.0	42.5
90	44.5	43.5	42.0	43.0	41.0	43.0	39.5	42.5	38.0	42.0	36.5	40.0
85	41.5	41.0	39.0	40.5	38.0	40.0	36.5	39.5	35.0	39.0	33.5	37.5
80	39.5	39.5	37.0	38.5	36.5	38.5	34.5	37.5	33.0	37.5	31.5	35.5
75	38.0	38.0	36.0	37.0	35.0	37.0	33.0	36.0	31.5	36.0	30.0	34.5
70	36.5	37.0	35.0	36.0	33.5	36.0	31.5	35.0	30.0	34.5	28.5	33.0
65	35.5	36.0	34.0	35.0	32.5	35.0	30.5	33.5	28.5	33.5	27.0	32.0
60	34.0	35.0	32.5	34.0	31.0	33.5	29.0	32.5	27.5	32.5	26.0	31.0
55	33.0	34.0	31.5	33.0	30.0	32.5	28.0	31.5	26.0	31.5	24.5	30.0
50	32.0	33.0	30.5	32.0	29.0	31.5	27.0	30.0	25.0	30.0	23.5	28.5
45	30.5	32.0	29.5	31.0	28.0	30.0	26.0	29.0	24.0	29.0	22.0	27.5
40	29.5	31.0	28.5	30.0	27.0	29.0	25.0	28.0	22.5	28.0	21.0	26.5
35	28.0	30.0	27.0	28.5	25.5	28.0	23.5	26.5	21.5	27.0	19.5	25.5
30	27.0	29.0	26.0	27.5	24.5	27.0	22.5	25.5	20.0	26.0	18.5	24.5
25	25.5	27.5	25.0	26.0	23.1	26.0	21.0	24.5	18.5	24.5	17.0	23.0
20	24.0	26.0	23.5	25.0	21.5	24.0	19.5	22.5	17.0	23.0	15.5	21.5
15	22.5	24.5	21.5	23.0	20.0	22.5	17.5	21.0	15.0	21.5	13.5	20.0
10	19.0	22.0	19.0	20.5	17.0	20.0	14.5	18.0	12.0	18.5	10.5	17.0
5	17.0	20.0	16.5	18.0	14.5	17.5	12.5	15.5	9.5	16.5	8.0	15.0
0	5.0	9.5	5.0	7.0	2.5	6.0	0.0	3.5	0.0	5.0	0.0	3.5

1 1977 Canadian Public Health Association project (5,757 subjects)

2 1977 Canadian Public Health Association project (3,445 subjects)

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Appendix VI

NORMS BY AGE GROUPS FOR PREDICTED MAXIMAL OXYGEN CONSUMPTION (ml/kg/min)

Age (Yrs.)	MALES ¹		FEMALES ²		50-59	60-65						
	17-19	20-29	30-39	40-49								
Excellent	≥ 62	≥ 43	≥ 57	≥ 41	≥ 49	≥ 38	≥ 43	≥ 35	≥ 40	≥ 32	≥ 36	≥ 28
Good	55-61	40-42	51-56	38-40	45-48	35-37	40-42	31-34	36-39	27-31	32-35	25-27
Minimum	49-54	37-39	45-50	34-37	40-44	31-34	36-39	28-30	32-35	23-26	28-31	21-24
Below minimum	43-48	34-36	39-44	31-33	35-39	28-30	32-35	24-27	28-31	18-22	24-27	17-20
Poor	≤ 42	≤ 33	≤ 38	≤ 30	≤ 34	≤ 27	≤ 31	≤ 23	≤ 27	≤ 17	≤ 23	≤ 16

PERCENTILE SCORES BY AGE GROUPS FOR PREDICTED MAXIMAL OXYGEN CONSUMPTION (ml/kg/min)

Percentile	MALES ¹		FEMALES ²		AGE GROUPS		50 - 59	60 - 65				
	17 - 19	20 - 29	30 - 39	40 - 49	30 - 39	40 - 49						
100	67.9	46.2	63.1	44.5	54.0	41.6	47.4	38.7	43.8	36.3	40.1	32.1
95	60.8	42.7	56.2	40.5	48.7	37.7	42.9	34.5	39.2	31.2	35.6	27.8
90	59.4	42.0	54.9	39.7	47.6	37.0	42.0	33.7	38.3	30.2	34.7	27.0
85	57.7	41.1	53.2	38.7	46.3	36.0	40.9	32.6	37.2	28.9	33.6	25.9
80	56.6	40.6	52.2	38.1	45.5	35.5	40.3	32.0	36.5	28.2	32.9	25.3
75	55.7	40.2	51.4	37.7	44.8	35.0	39.7	31.5	35.9	27.6	32.3	24.8
70	54.9	39.8	50.6	37.2	44.3	34.5	39.2	31.0	35.4	27.0	31.8	24.3
65	54.3	39.4	50.0	36.8	43.7	34.2	38.8	30.6	35.0	26.5	31.4	23.9
60	53.5	39.0	49.3	36.4	43.2	33.8	38.3	30.2	34.5	26.0	30.9	23.4
55	52.9	38.8	48.7	36.1	42.7	33.4	37.9	29.8	34.1	25.5	30.5	23.1
50	52.2	38.3	48.0	35.7	42.2	33.1	37.5	29.4	33.6	25.0	30.1	22.6
45	51.5	38.1	47.4	35.3	41.7	32.7	37.0	29.0	33.2	24.6	29.6	22.2
40	50.9	37.7	46.8	35.0	41.2	32.4	36.6	28.7	32.8	24.1	29.2	21.9
35	50.2	37.4	46.1	34.6	40.7	32.0	36.2	28.2	32.3	23.6	28.7	21.4
30	49.5	37.0	45.4	34.2	40.2	31.6	35.8	27.8	31.9	23.1	28.3	21.0
25	48.7	36.6	44.7	33.8	39.6	31.2	35.3	27.4	31.4	22.5	27.8	20.5
20	47.8	36.2	43.8	33.3	38.9	30.7	34.7	26.8	30.8	21.9	27.2	20.0
15	46.7	35.7	42.8	32.7	38.1	30.1	34.0	26.2	30.1	21.1	26.6	19.4
10	45.0	34.8	41.1	31.7	36.8	29.1	32.9	25.2	29.0	19.9	25.4	18.3
5	43.6	34.1	39.8	30.9	35.8	28.4	32.0	24.4	28.1	18.9	24.5	17.5
0	36.5	30.6	33.0	27.0	30.4	24.5	27.5	20.2	23.5	13.8	20.0	13.2

1 1977 Canadian Public Health Association project (5,578 subjects)

2 1977 Canadian Public Health Association project (3,381 subjects)

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